

Table 2. ANCOVA for a factorial study: 'main effects' of single interventions at 1 month.^a

	No GP mean (SD)	GP mean change (95% CI)	No nurse mean (SD)	Nurse mean change (95% CI)	No booklet mean (SD)	Booklet mean change (95% CI)
Primary outcomes						
Godin score	26.77 (19.71)	0.74 (-5.74 to 7.23) <i>P</i> = 0.821	25.86 (25.39)	4.96 (-1.5 to 11.44) <i>P</i> = 0.133	27.01 (19.32)	0.26 (-6.19 to 6.72) <i>P</i> = 0.936
Metres of distance walked	624.81 (105.15)	5.70 (-9.52 to 20.92) <i>P</i> = 0.460	617.19 (121.22)	11.72 (-3.35 to 26.8) <i>P</i> = 0.126	623.93 (105.13)	-4.48 (-19.51 to 10.55) <i>P</i> = 0.557
Secondary outcomes						
Weight in kg	82.54 (15.09)	0.03 (-0.34 to 0.40) <i>P</i> = 0.886	81.82 (13.81)	0.17 (-0.21 to 0.54) <i>P</i> = 0.380	82.86 (15.22)	0.22 (-0.15 to 0.60) <i>P</i> = 0.236
Systolic blood pressure in mmHg	137.82 (20.22)	0.16 (-5.17 to 5.49) <i>P</i> = 0.953	139.40 (23.45)	-2.03 (-7.34 to 3.29) <i>P</i> = 0.452	136.60 (22.69)	2.46 (-2.87 to 7.78) <i>P</i> = 0.363
Diastolic blood pressure in mmHg	87.65 (15.22)	0.13 (-4.49 to 4.75) <i>P</i> = 0.956	88.12 (17.33)	-1.93 (-6.54 to 2.68) <i>P</i> = 0.408	86.96 (17.01)	0.41 (-4.20 to 5.02) <i>P</i> = 0.861
Cholesterol/HDL ratio	4.30 (1.15)	0.25 (0.02 to 0.49) <i>P</i> = 0.036	4.82 (1.34)	-0.02 (-0.26 to 0.21) <i>P</i> = 0.849	4.75 (1.49)	-0.14 (-0.38 to 0.10) <i>P</i> = 0.237
Number of resting pulse beats per 10 seconds ^b	14.68 (2.53)	0.25 (-0.34 to 0.84) <i>P</i> = 0.406	14.92 (2.44)	-0.14 (-0.73 to 0.46) <i>P</i> = 0.653	14.67 (2.65)	0.45 (-0.14 to 1.05) <i>P</i> = 0.133
* Difference between resting pulse and stage 1 pulse ^b	4.99 (2.95)	-0.19 (-0.80 to 0.43) <i>P</i> = 0.547	4.85 (2.67)	0.22 (-0.39 to 0.83) <i>P</i> = 0.478	5.01 (2.96)	-0.30 (-0.91 to 0.31) <i>P</i> = 0.337
Questionnaire						
Anxiety score	6.78 (4.43)	-0.34 (-1.04 to 0.35) <i>P</i> = 0.331	6.84 (4.31)	0.02 (-0.67 to 0.72) <i>P</i> = 0.949	7.29 (4.36)	0.11 (-0.59 to 0.81) <i>P</i> = 0.759
Depression score	4.50 (3.36)	-0.06 (-0.52 to 0.41) <i>P</i> = 0.814	4.39 (3.13)	-0.06 (-0.53 to 0.40) <i>P</i> = 0.788	4.99 (3.33)	-0.47 (-0.93 to -0.01) <i>P</i> = 0.046
Stage of change	4.32 (1.27)	-0.06 (-0.44 to 0.32) <i>P</i> = 0.753	3.92 (1.61)	0.79 (0.41 to 1.16) <i>P</i> = 0	4.23 (1.32)	0.18 (-0.20 to 0.56) <i>P</i> = 0.348

^aThe mean change for each intervention factor is mutually adjusted both for baseline values and for the effect of other factors. The control arm of each factor was the mean value at 1 month (standard deviation). The intervention for each factor was the mean change compared to the control arm of the factor (95% confidence interval) *P*-value. ^bFrom the step test.